

Recommended Resource List: Stress Management

To request a title from the State Library:

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- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

Audiobooks

Gach, Michael Reed. **Stress Relief: Acupressure & Gentle Yoga Sessions You Can Use Anywhere.** Boulder, CO: Sounds True, 2003. Call number: [SR CD 615.8222 Gach](#)

Books

Brantley, Jeffrey. **Five Good Minutes at Work: 100 Mindful Practices to Help You Relieve Stress & Bring Your Best to Work.** Oakland, CA: New Harbinger Publications, 2007. Call number: [158.12 Bran](#)

Childre, Doc Lew. **Transforming Stress: the HeartMath Solution for Relieving Worry, Fatigue, and Tension.** Oakland, CA: New Harbinger Publications, 2005. Call number: [155.9042 Chil](#)

Clarke, David D. **They Can't Find Anything Wrong! 7 Keys to Understanding, Treating, and Healing Stress Illness.** Boulder, CO: Sentient Publications, 2007. Call number: [616.98 Clar](#)

Day, Laura. **Welcome to Your Crisis: How to Use the Power of Crisis to Create the Life You Want.** New York: Little, Brown and Co., 2006. Call number: [155.93 Day](#)

Fulcher, Kimberly. **Remodel Your Reality: Seven Steps to Rebalance Your Life and Reclaim Your Passion.** San Jose, CA: River Rock Press, 2006. Call number: [158.1082 Fulc](#)

Gyoerkoe, Kevin L. **10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body & Reclaim Your Life.** Oakland, CA: New Harbinger Publications, 2006. Call number: 152.46 Gyoe

Jansen, Julie. **You Want Me to Work with Who? Eleven Keys to a Stress-free, Satisfying, and Successful Work Life-- No Matter Who You Work With.** New York: Penguin Books, 2006. Call number: 650.13 Jans

Losyk, Bob. **Get a Grip! Overcoming Stress and Thriving in the Workplace.** Hoboken, NJ: John Wiley & Sons, 2005. Call number: 158.72 Losy

Maddi, Salvatore R. **Resilience at Work: How to Succeed No Matter What Life Throws at You.** New York: AMACOM, 2005. Call number: 158.7 Madd

Manktelow, James. **Manage Stress: Take Back Control in your Life.** London; New York: DK, 2007. Call number: 155.9042 Mank

Raber, Merrill. **Stress Management: Strategies for Emotional Fitness.** 3rd ed. Boston: Course Technology, 2005. Call number: 155.9042 Rabe

Salmansohn, Karen. **The Bounce Back Book: How to Rhrive in the Face of Adversity, setbacks, and Losses.** New York: Workman Pub., 2007. Call number: 650.1 Salm

Williams, Redford B. **In Control: No More Snapping at Your Family, Sulking at Work, Steaming in the Grocery Line, Seething in Meetings, Stuffing Your Frustration.** Rodale: Holtzbrinck Publishers, 2006. Call number: 152.4 Will

Videos/DVDs

All Stressed Out. 26 min. Educational Video Network, 2001. Video. Call number: VC 155.9042 All

Facing the Challenge of Change. 36 min. W. R. Shirah, 2002. Video. Call number: VC 658.406 Faci

The Human Condition: Lives in Balance. 30 min. INTELECOM, 2001. Video. Call number: VC 613 Live

Managing Stress Before It Manages You. 30 min. Communication Briefings, 2000. Video. Call number: VC 155.9 Mana

Sharyn Pak's Desk Sets. 54 min. On Air Video Inc., 2005. DVD. Call number: VC DV 613.71 Shar

Staying Healthy in a Stressful World: the Importance of Managing Stress. 27 min. Aquarius Health Care Videos, 2000. Video. Call number: VC 616.98 Stay

Working with Stress. 17 min. National Institute for Occupational Safety and Health, 2002. DVD. Call number: DV 158.72 Work

Websites

<http://www.stress.org/>

American Institute of Stress is dedicated to advancing the understanding of the role of stress in health and illness. Last Accessed on September 23, 2008.

<http://www.nlm.nih.gov/medlineplus/stress.html>

Stress Management is a MedlinePlus Health Information Topic presented by the National Library of Medicine. Last accessed on September 23, 2008.